

## This is a lot of work!



Make sure the stakes are seven inches apart and then tie the string on tight. Eisenhower Elementary science teacher, Teresa Schulze and sixth grader Chris Davis work in the wheat field that is the science project "Little Red Hen". Story on front page.

-Telegram photo by Harriett Gill

# SCHOOL CALENDAR

### Norton Community High School

#### Monday, Nov. 15

"Reality Check" Sophomores; National Guard Armory 9 a.m. to noon

Jay Singers - A.P.

KAY Board - 7 p.m.

#### Tuesday, Nov. 16

Jay Singers - 7:30 a.m.  
MCL Meeting at Stockton 10 a.m.

FCCLA board meeting - A.P.

FFA meeting - 7:30 p.m.

#### Wednesday, Nov. 17

Plant test: sophomores 9 a.m.  
U.N.K. Representative available

S.A.C. - A.P.

#### Thursday, Nov. 18

KAY meeting/Turkey Skit practice - A.P.

Jay Singers - 7:30 a.m.

SIT meeting 7:45 a.m.

#### Friday, Nov. 19

Jazz band rehearsal - A.P.  
Artist of the month - A.P.

#### Norton Junior High

#### Tuesday, Nov. 16

Basketball at Phillipsburg 5 p.m.

#### Thursday, Nov. 18

Basketball at Osborne 4 p.m.

#### Eisenhower Elementary

#### Thursday, Nov. 18

Grade 5 and 6 grade level meeting 3:40 p.m.

#### Friday, Nov. 19

Girls Basketball ends  
High School and Junior High Menu

All meals are served with milk. Breakfast alternate meal is cold cereal assortment, toast with margarine and jelly. Lunch alternate meal is chef salad.

#### Monday

Breakfast: Hot cereal with toppings, fruit or juice. Lunch: Grilled chicken sandwich, lettuce and tomato, corn applesauce.

#### Tuesday

Breakfast: Breakfast casserole with sausage, fruit or juice. Lunch: Beef enchilada, lettuce and chopped tomato, mandarin

oranges, french bread with margarine, cookie.

#### Wednesday

Breakfast: Cinnamon bun, fruit or juice. Lunch: Meat lover's pocket, pasta salad, green beans, pineapple chunks

#### Thursday

Breakfast: Waffle stix with syrup, fruit or juice. Lunch: Ground beef gravy, whipped potatoes, carrots, rolls with margarine.

#### Friday

Breakfast: Yogurt, bagel with cream cheese, fruit or juice. Lunch: Sliced turkey, whipped potatoes with gravy, rolls with margarine, corn, pumpkin pie.

#### NO SALADS

#### Eisenhower Elementary

All meals are served with milk.

#### Monday

Breakfast: Warm pumpkin bread, rosy applesauce, orange juice. Lunch: beef burrito, cheesy broccoli, apricots, and blonde brownies

#### Tuesday

Breakfast: Breakfast burrito, peaches, apple juice. Lunch: Corn dog, tater tots, baby carrots, fruit cocktail, cookie.

#### Wednesday

Breakfast: Golden waffles, swarm maple syrup, fruit cocktail, grape juice. Lunch: Spaghetti, tossed salad, peaches, garlic bread.

#### Thursday

Breakfast: Canadian bacon with cheese, biscuit, apple juice. Lunch: Turkey, whipped potatoes, dressing with gravy, green beans, apple rings, pumpkin custard, french bread.

#### Friday

Breakfast: Hard cooked eggs, warm toast, orange juice. Lunch: Beef and noodles, whipped potatoes, corn, mandarin oranges, cheese rolls.

#### Northern Valley Schools

#### Monday, Nov. 15

First day of high school basketball practice.

KAY Turkey leg contest for Heifer International, Nov. 15.

High school dance team practice - TBD

4:30 p.m. Junior High Basketball at Hoxie

#### Tuesday, Nov. 16

8:15 a.m. ASVAB career exploration program testing

4 p.m. Junior high basketball versus Stockton at Alma

#### Thursday, Nov. 18

KAY door blocker food drive

TBD - High school dance team practice

8 a.m. Lifetouch school pictures-retakes

#### Friday, Nov. 19

3 p.m. - second grade Native American play

Northern Valley Menus

All meals are served with milk. Breakfast meal offers cold cereal assortment.

#### Monday

Breakfast: Cinnamon butterflake biscuit, hashbrowns, applesauce. Lunch: Ham and scalloped potatoes, whole wheat roll, buttered green beans, cherry crisp.

#### Tuesday

Breakfast: Oatmeal with toppings, toast, scrambled eggs, grape juice. Lunch: Pizzawich, tri-tator, buttered carrots, chocolate pudding.

#### Wednesday

Breakfast: French toast stix, orange juice, eggs, sausage links. Lunch: Turkey, dressing, roll, potatoes, buttered peas, relishes, salads, pumpkin dessert.

#### Thursday

Breakfast: Cherry muffin, diced pears, ham slice, scrambled eggs. Lunch: Turkey and swiss sub, ranch wedges, california blend vegetables, peach slices.

#### Friday

Breakfast: Breakfast bucket, hashbrowns, apple juice.

Lunch: Pizza, tossed salad with dressing, buttered carrots, pumpkin pie.

# Business in the spotlight

Each month this column features one Norton County business selected at random in honor of all our local businesses large and small, well-established and newly-established for their valuable contribution to our economy. Economic development board member Roberta Ryan submitted this month's article.

November 2010

Business Name: Prairie Wind Eyecare

Owner: Dr. Karen Aldridge

Address: 114 N Kansas Ave Norton, KS 67654

Phone: (785) 877-5115

Website: prairiewindeyecare.com

When Karen Aldridge, a secondary education English teacher, assigned her students a career speech, little did she know it would lead her to a new career. In the course of research with her students, she decided to take a test from a Kansas State University career computer program. After her test, Karen's three options for a career were a teacher, highway patrolman, or an optometrist. At first, the connection seemed hard to figure out, but Karen said, "caring for and about others must tie the three together." Aldridge retired from teaching with her next career, optometry, in mind.

Dr. Aldridge graduated from

optometry school at the University of Missouri-St. Louis. With a love of western Kansas and its small towns she soon moved to Hill City. According to Dr. Aldridge, "where you want to live becomes a self-filling prophecy. We determine how good the place is by how we live and act." In Hill City, she started her business cold in 1992. Four years later in 1996, when Dr. Ronald Allen's optometry business in Norton came up for sale, she bought it. She runs both offices with her husband, Jerry, serving as her business manager. Being a business owner in Norton is special because of the support of other businesses which want Norton to grow. Western Kansas is a great place to succeed, work, and raise children.

As a woman running an optometry practice, Dr. Aldridge has experienced great success. Many told her that men would never come to see a lady eye doctor. Today, many men come to her for eye care.

Her specialty is vision therapy. According to Dr. Aldridge, working with ten vision therapy patients a week, is considered a success. She cares for about twenty patients a week. One of the largest single doctor vision practices in Kansas, the office sees children referred from other

doctors, helping the business grow. Figuring out hours to allow both offices run smoothly is a great challenge.

"We work vision therapy in the larger office in Hill City Mondays and Thursdays; this gives parents a choice in case they have children in sports. I truly believe that teaching has helped me a great deal in my eye care practice. It gives me the ability to teach my patients and to notice children who need eye therapy sooner, that I might not have recognized otherwise," Aldridge said.

Therapy is one of the most rewarding parts of Aldridge's business.

Growing the Norton business economy is important to her. The city council works to keep the town clean, and the economic development group's plan to turn downtown Norton into a historical district provides a positive atmosphere in which to work.

"We are what makes our businesses," she said. Therefore, she feels it's important to support local tradesmen, so they can grow. All businesses must remember service is the key to building a business; business owners should serve the public with a smile, and cheer one another, so we make Norton a thriving place to live and do business.

## Deer on the move

The Kansas Department of Transportation, the Kansas Highway Patrol and the Kansas Department of Wildlife and Parks are warning motorists to be aware that November is historically the month when the highest number of deer-vehicle crashes occur.

According to Wildlife and Parks biologist, Lloyd Fox, the increase in deer-vehicle crashes is strongly influenced by deer mating season, the "rut," which occurs in the fall and peaks during mid-November. Deer frequently travel more during this season and are less cautious about hazards such as vehicles. Also at this time of year, deer shift their core movement area as crops are harvested and trees and shrubs become bare, making the animals less secure in the areas they used during the summer.

Not only are deer more active during the fall, the shorter days mean they are on the move during peak travel times, which occur in the low-light of dawn and dusk when they are difficult to see.

According to the Transportation Department, there were 9,628 deer-vehicle collisions in 2009. Sedgwick County had the most crashes with 395, followed by Johnson County with 353 and Butler County with 286.

Motorists should observe the following tips to avoid colliding with deer:

- Be especially watchful at dawn and dusk when deer are most active;
- Deer seldom travel alone. If one crosses a road, there may be others following;
- Reduce speed and be alert near wooded areas or green spaces such as parks or golf courses, and near water sources such as streams or ponds;

• Don't swerve to avoid a collision with a deer. The most serious crashes happen when motorists take evasive action;

• Heed deer crossing sign warnings;

• Use bright lights and slow down when deer are spotted.

According to Kansas Highway Patrol Captain Art Wilburn, if you hit a deer, pull onto the shoulder, turn on emergency flashers, and if you must leave your vehicle, watch for traffic. Don't remove a deer from the roadway unless you are certain it is dead; an injured deer can hurt you. To report a crash on a Kansas highway using a cell phone, press \*47 for a highway patrol dispatcher or \*582 for assistance on the Kansas Turnpike, or dial 911.

If a crash results in personal injury or property damage of \$1,000 or more, the driver is required to immediately report it to the nearest law enforcement agency. Failure to report any traffic crash is a misdemeanor and may result in suspension of driving privileges.

If you are involved in a non-injury crash on an interstate, U.S. highway, or any divided or multi-lane road in Kansas, and aren't transporting hazardous materials, you are required by law to move your vehicle out of the lane of traffic. The best way to prevent serious injuries and death in a crash is to make sure all occupants are buckled up and children are secured in an appropriate child safety seat.

## County committee election voting deadline is Dec. 6

The 2010 Farm Service Agency county committee elections began Nov. 5, with United States Department of Agriculture mailing ballots to eligible voters. The deadline to return the ballots to local Farm Services offices is Dec. 6.

County committee members are an important component of the Farm Services operations and provide a link between the agricultural community and the Department of Agriculture. Farmers and ranchers elected to county committees help deliver Farm Services programs at the local level, applying their knowledge and judgment to make decisions on commodity price support loans and payments, conservation programs, incentive indemnity and disaster payments for some commodities, emergency programs and payment eligibility. The committees operate within

official regulations designed to carry out federal laws.

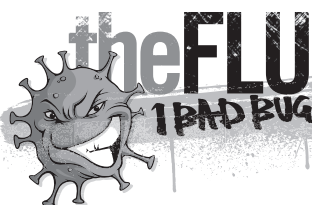
To be an eligible voter, farmers and ranchers must participate or cooperate in an Agency program. A person who is not of legal voting age, but supervises and conducts the farming operations of an entire farm also may be eligible to vote. Agricultural producers in each county submitted candidate nominations during the nomination period which ended on Aug. 2.

Eligible voters who don't receive ballots in the coming week can get them from their local Service Center.

Newly elected committee members and their alternates will take office Jan. 1, 2011.

Candidates for the Norton County Committee election for local administrative Area 1 are Donald Lowry, Harvey Pakkebie and Debra Hogan.

Community news or events need to be sent to Harriett at hgill@nwkansan.com



## KEEP THE BAD BUG AWAY FROM YOU!

- Wash your hands. Wash your hands with soap and warm water for 20 seconds. That's about how long it takes to sing Happy Birthday twice. If soap and water are not available, use alcohol-based hand sanitizer to clean your hands.
- Cough or sneeze into your elbow or a tissue (not your hands) and throw used tissues away.
- Stay healthy. Eat a balanced diet, drink plenty of water and get plenty of rest and exercise.
- Get your seasonal flu vaccination every year.

STAY INFORMED AND STAY AWARE!  
Visit www.kdheks.gov for more information.

19th Annual Norton Long-Spur Chapter  
**Pheasants Forever Banquet**  
Friday, November 12  
at the Norton Eagles Lodge  
- A Hunting Tradition - Social Hour at 5:30 p.m./Dinner at 7 p.m.  
**AUCTION WILL FOLLOW DINNER**  
Everyone is Welcome - Prizes Include 20 Firearms Including Special Youth and Ladies Firearm Drawings  
For More Information Contact: Dan Lauer (785) 877-5181 (Kansasland Tire) (785) 877-3638 (Home) Brock Miller (785) 877-3354-Home; (785) 202-1312 (Cell)

**American Legion Auxiliary Welcomes Everyone**  
to dine with us for our  
**Sunday Buffet 11:00 a.m. to 2:00 p.m.**

**Thursday Nights: 5:00 to 9:00 p.m.**  
Members and Guests Welcome

Children's Menu Available  
WE WILL ALSO BE SERVING THANKSGIVING DINNER, NOVEMBER 25, 11 A.M. TO 2 P.M.